

Healthy For Life

Healthy For Life is a Health Education and Disease Prevention Program for older adults developed by Delaware's Division of Services for Aging and Adults with Physical Disabilities. Our goal is to help you stay healthy, happy and independent through good nutrition, physical activity and healthy behaviors.



***Delaware Health
and Social Services***
Division of Services for Aging and
Adults with Physical Disabilities



Get Smart!

Make Smarter Health Decisions!

**The *Healthy For Life*
Handbook
For Delaware Seniors**

Healthy For Life



Raise Your Health IQ!

Learn how to:

- Manage health problems
- Prevent and treat illnesses
- Communicate with doctors
- Manage medications
- Remain independent

Our *Healthy for Life* resources and programs can help you put Prevention into Practice.

A Great Tool for Educators!

The *Healthy For Life* Handbook is an excellent support tool for educators. Use it to reinforce program topics, and encourage continued application of good health management techniques.

The *Healthy For Life* Handbook

Want to have more control over your health and independence? Let the *Healthy For Life* Handbook be your guide! Specifically developed for people age 60 or better, the handbook is a self-care guide to health and independence, offering information on more than 200 health topics, in a format that's easy to read and understand.

Your Guide to Wise Choices

The *Healthy For Life* Handbook provides information on preventing illness and staying healthy. If you do become ill, the handbook can help you determine when a home remedy or doctor's visit is most appropriate. You'll also find great tips for preparing for doctor visits, communicating effectively with health professionals and making informed decisions about tests, medications and surgeries.

Most importantly, this informative resource will help you remain independent and in control of your health care decisions.

To order a copy of the handbook, a personal health record or for information about other *Healthy For Life* wellness programs, call **1-800-223-9074**. Or visit our web site at **www.dsaapd.com**.

It's never too late to take charge of your health!

Take Care. Take Charge.